

# THE PROSPECTOR



Vol. 5 No. 6

Serving the Corps since 1943  
Marine Corps Logistics Base Barstow

March 24, 2016







Photo by: Laurie Pearson

As the Navy Marine Corps Relief Society kicks off its annual fund raiser aboard Marine Corps Logistics Base Barstow, Calif., Col. Sekou S. Karega leads by example, signing a form which allocates a specific dollar amount out of each pay check to be donated to the organization, March 21.

## On The Cover:

### Front Cover: Laurie Pearson

Sgt. Terry Barker, stableman, explains horse care and stable maintenance for the Marine Corps' last Mounted Color Guard, to members of the Vegas Rollers RV Group, during a tour of Marine Corps Logistics Base Barstow, Calif., March 16. Vegas Rollers members were to get up close and personal with the horses and riders, allowing for an in depth understanding of MCG operations.

### Back Cover: Carlos Guerra

Greg Kunkel, emergency management services chief, Marine Corps Logistics Base Barstow Fire Department, assists Col. Sekou Karega, commanding officer of MCLB Barstow, in donning fire turn out gear with the assistance of Domingo Duran, assistant chief, March 22.



Marine Corps Logistics Base Barstow, California  
Colonel Sekou S. Karega, Commanding Officer  
Sgt. Maj. Karl D. Simburger, Base Sergeant Major

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## On the web

Links in this publication are interactive in the online version

Website: <http://www.mclbbarstow.marines.mil>

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

[http://www.twitter.com/#!/MCLB\\_Barstow](http://www.twitter.com/#!/MCLB_Barstow)





Photo by: Rob Jackson

Retired Air Force Major Robert Hart is interviewed by one of the Junior Classmen during the “King High School Remembers” event on March 18. Hart served in World War II and is a senior charter member of the VFW Post 12039 in Victorville. Martin Luther King H.S., located in Riverside, Calif., has been hosting this event for 16 years and is designed to honor all veterans and is part of the students’ history class.

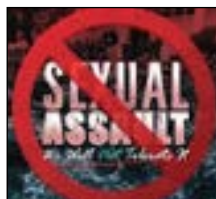
**Got news? Call us! (760) 577-6430**

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# News Briefs

## Leave Share Program

Individuals currently affected by medical emergencies and in need of leave donations:

**Billie Butts**

**Jacqueline Griffin**

**Stephan Martin**

Anyone desiring to donate annual leave under the Leave Share Program should contact the Human Resources Office at 577-6915.

## NMCRS is

### Seeking Volunteers

Navy Marine Corps Relief Society Barstow is looking to fill volunteer positions for the following: Chairman of Volunteers (COV to manage volunteer operations in partnership with NMCRS Camp Pendleton; Director and Thrift Store Contributors/Volunteers. The COV position is highly regarded within the Society and will contribute greatly towards job training and experience. If you have a passion for retail, the NMCRS Thrift Store is definitely for you! We are seeking people with energy, passion and creativity to help sort, display and market the various forms of donations that come in. NMCRS offers mileage and childcare reimbursement, as well. Interested candidates, please email [retna.shaw@nmcrs.org](mailto:retna.shaw@nmcrs.org) or [hannah.hick@nmcrs.com](mailto:hannah.hick@nmcrs.com).

## Story Time & Craft

**Tuesday, April 5, 10 a.m.**  
**Bldg. 17**

During the month of April - known as Month of the Military Child, we celebrate their bravery, courage and sacrifice. Our Story Time and Crafts for this week will honor our littlest HEROES! Join us when we read "H Is For HONOR," by Devin Scillian. With and underlying message of courage and commitment that every child can relate to, the book will be especially meaningful to those whose parents, siblings or other relatives serve in the Armed Forces. For more information contact Library Services at 577-6395.

## Multi-cultural Celebration Volunteers Needed

MCLB Barstow is hosting a Multi-cultural Celebration event May 18. Volunteers are needed to set up, run and tear down tables. Additionally, anyone who may wish to perform a cultural demonstration (dance, music, art) will be asked to demonstrate their talents. For more information contact Gunnery Sgt. Hainer at 577-6751 [james.hainer@usmc.mil](mailto:james.hainer@usmc.mil); Solange Campos at 577-6599 [solange.campos@usmc.mil](mailto:solange.campos@usmc.mil); Arthur Champion at 577-6022 [arthur.v.champion@usmc.mil](mailto:arthur.v.champion@usmc.mil); or volunteer coordinator Jill Crumpler at 577-6408 [jill.crumpler@usmc.mil](mailto:jill.crumpler@usmc.mil).

## Security 101

**Thursday, March 24, 9:30 a.m.**  
**Hobby Shop Multipurpose Room**

This workshop covers important safety precautions for military families; providing them the ability and confidence to be responsible for their personal safety and the safety of their families. The dangers and risks, as well as positive outcomes, associated with social networking will be addressed. Participants will be provided with information on protecting themselves and their family members, and ways to stay safe while on the Internet and social networking sites. For more information or to register, contact Marine Corps Family Team Building at 577-6675.

## Play Morning Every Friday, 9 a.m.

**Desert View Housing Comm Ctr.**

Come join in the fun! All active duty service members and their dependents with children are invited to come to enjoy singing, stories, crafts and play time. Make new friends and learn something new each week. For more information contact New Parent Support at 577-6533.

## Month of the Military Child Parade

**Friday, April 1, 3 - 5:45 p.m.**

**Parade Deck in front of CDC**

All MCLB patrons are invited to join us on the Parade Deck in front of the Child Development Center from 3 - 5:45 p.m. for the MONTH OF THE MILITARY CHILD PARADE! We'll have games and activities for all to participate in. Come and honor the Littlest Heroes! For more information call 577-6287.

## Gift Cards Now Available at MCX Community Store

Looking for a last minute birthday or retirement gift or a simple thanks for the effort gift? No need to run off base and longer. An assortment of gift cards are now available in various amounts. Get more information conact the Nebo MCX at 256-8974.

## Self Defense Class April 6 & 20 6-8 p.m. McCarver Hall Semper Fit Gym

Self-defense training can increase your options and help you prepare responses to slow down, de-escalate or interrupt an attack for children and adults. To register: [www.selfdefenseapr2016.eventbrite.com](http://www.selfdefenseapr2016.eventbrite.com)

## Energy Tips

Plug home electronics, such as TVs and DVD players, in to power strips; then turn the power strips off when the equipment is not in use -- TVs and DVDs in standby mode still use several watts of power. Check for ENERGY STAR label on light bulbs, home appliances and other products. ENERGY STAR products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy.

# CHILD ABUSE PREVENTION MONTH



**I**n 1974, the first federal child protection legislation, the Child Abuse Prevention and Treatment Act was enacted. During the ensuing forty years, the original legislation has been amended many times as the nation's awareness of the perils of child abuse became more and more evident. In 1983, in recognition of the importance of protecting our children, April was proclaimed National Child Abuse Prevention Month.

**2016's Child Abuse Prevention Month theme:**

## **Protect our Children: Supervised, Safe and Sound**

**T**his theme recognizes the shifting focus from merely reporting child abuse and neglect to the pro-active, positive message of supporting families and strengthening communities. Education is the key to eliminating child abuse from our Marine Community and in strengthening our Marine families. Whereas Leadership can direct and encourage proper care of our children, it is everyone's responsibility to ensure our children's safety and well-being. The rise of child neglect is being seen across all branches of service. Neglect situations such as children not being supervised around large bodies of water, caretakers being distracted by video games, caretakers leaving children in a car, being under the influence of drugs/alcohol, have become more prevalent. As you all know, many of our families may not even realize that these situations are neglectful. To protect our children, we must be educated on warning signs and risk factors so that we can stop child abuse before it happens. I encourage you to reach out to parents under stress, to make sure your child is in a safe place when you are under stress, and to reach out to an unsupervised child to offer assistance or to call a neighbor or friend for support.

During this National Child Abuse Prevention Month, it is time to recognize that each of us aboard Marine Corps Logistics Base, Barstow, must play an important part in promoting the social and emotional well-being of the children and families. By being proactive and taking the extra step to offer assistance, to lend a helping hand or a listening ear, you can be the catalyst for the change we need to prevent harm or neglect to our children. I challenge everyone in our Marine Community to become more aware of child abuse prevention and consider helping parents raise their children in a safe, nurturing environment.

I encourage and invite you all to embrace and live by the theme "Protect our Children: Supervised, Safe and Sound". Be the proactive change we need to eliminate child maltreatment from our Community. During the April there are numerous planned activities aboard Marine Corps Logistics Base Barstow. I urge all of you to attend and listen to our guest speaker, Mrs. Dawn Herring, during our Child Abuse Prevention training session held at the General James L. Day Center, April 6, 2016. Additionally, we will host the 2nd Annual KidFest at Sorensen Field, April 27, 2016. For more Child Abuse Prevention education activities, please contact Ms. Angelica Mora, our Victim Advocate at (760) 577-6533.



**Sekou S. Karega**

**Colonel, U.S. Marine Corps**

**Commanding Officer**

**Marine Corps Logistics Base Barstow, California**



# Vegas Rollers tour MCLB Barstow



Photo by: Keith Hayes

Carol Bennett and George Smith, both from Pahrump, Nev., explore a Humvee during the Fleet Support Division portion of their tour aboard the Yermo Annex of Marine Corps Logistics Base Barstow, Calif., March 16. The pair are members of the Vegas Rollers RV Group which also toured Production Plant Barstow, the Mounted Color Guard stables and the Railway Operations center.



Photo by: Laurie Pearson

Sgt. Steward Tauch, stableman, explains the daily operations of the stables and care of the horses for the Marine Corps' last Mounted Color Guard, to members of the Vegas Rollers RV Group during a tour of Marine Corps Logistics Base Barstow, Calif., March 16.



Photo by: Laurie Pearson

Sgt. Terry Barker, stableman, demonstrates some of the training that the Mounted Color Guard engages in on a daily basis, for members of the Vegas Rollers RV Group, during a tour of

Marine Corps Logistics Base Barstow, Calif., March 16. The stablemen engage in drills with the horses, inside and outside of the arenas, in order to ensure smooth performances during parades and other events.





Photo by: Laurie Pearson

George Smith, Vegas Rollers RV Group member, takes a quick primer from Ben Salazar, railway engineer, on how to operate the U.S. Army locomotive during the Railway Operations segment of their tour aboard the Yermo Annex of Marine Corps Logistics Base Barstow, Calif., March 16.



Photo by: Keith Hayes

Members of the Vegas Rollers RV Group observed a driver test a Light Armoured Vehicle at Production Plant Barstow's test track during a tour aboard Marine Corps Logistics Base Barstow, Calif., March 16. PPB repairs and maintains various types of Marine Corps equipment always putting them to the test to ensure a good quality piece of equipment reaches war-fighters in the field.



Photo by: Keith Hayes

The members of the recreational motor home touring group the Vegas Rollers stand in front of a Light Armoured Vehicle on the test track at Production Plant Barstow March 16.

The Vegas Rollers RV Group boasts members from all over Nevada and Arizona who gather several times a year to pick interesting and unique places to visit.

# *Calm* Your **STRESS**



## Have a Plan for Managing Stress

- **First** identify the affects of stress: headaches, rapid heartbeat, muscle tension, irritability, restlessness, depression
- **Second** by contacting DONCEAP for a range of self-assessment tools and educational resources

## Cut Stress as a Family

- Talk with your family
- Cool off before discussing your day
- Have family meals together
- Preserve small moments of togetherness.
- Treat everyone with respect

## Tips for Good Stress Management

- Keep your diet healthy
- Make sure to get enough sleep
- Learn an easy relaxation technique
- Exercise regularly
- Pursue an interesting hobby
- Don't lean on substances

## Get Help Starting Today!

**DONCEAP** can help with referrals for:

- child care
- schools
- relocation
- elder care
- financial aid
- home maintenance
- daily life needs

**24/7 DONCEAP Assistance Line:**

**1-844-DONCEAP (1-844-366-2327) | Domestic**

**1-888-262-7848 | TTY**

**1-866-829-0270 | International**

**DONCEAP.foh.hhs.gov**

Infographic created by:  
Keith Hayes



# Sexual Assault Awareness and Prevention Month

## Eliminate Sexual Assault: Know your Part. Do Your Part. April 2016

**S**exual Assault Awareness and Prevention Month is recognized across the country by both civilian and military communities. This month offers a unique opportunity to build on the current push to eliminate sexual assault and ensure all Service members are in a command climate where they are treated with dignity and respect.

This April marks the twelfth annual Sexual Assault Awareness and Prevention Month by continuing the ongoing theme of “Eliminate Sexual Assault: Know your part. Do your part”. Every Service member, within this command, must know, understand and adhere to our core values and standards of behavior in order to eliminate sexual assault and other inappropriate behavior. We must continue to strive for an environment where professional values, team commitment, and respect define how we treat one another at every level throughout this command, in the workplace and during off duty hours.

*Know Your Part:* Each Service member throughout this command has a unique role in preventing and responding to sexual assault. We must recognize our part in stopping this crime, starting with our own awareness and knowing when and where to intervene. Understanding bystander intervention is vital in helping to identify and stop unsafe behavior. Each day we can take steps to foster a culture of dignity and respect.

*Do Your Part:* We have to act! If we see a crime or inappropriate behavior unfolding, we must take the necessary steps to prevent it. We need to add our voice to the call to end this crime. In order to prevent sexual assault, we must be committed to advancing an environment where sexist behaviors, sexual harassment, and sexual assault are

not tolerated, condoned or ignored. Sexual assault is not only inappropriate behavior, it is criminal behavior.

Consider participating in activities planned during April, to generate maximum awareness for Sexual Assault Prevention and Response Efforts. I encourage each of you to stop by and visit our information booth at the Marine Corps Exchange on March 9th and 23rd and to sign up for the 3rd annual No More 5K run aboard the installation.

Sexual assault can occur anywhere, any time and to anyone. Living up to our values and knowing our part and doing our part to prevent sexual assault, requires us to remain committed to preventing it. By sustaining the right command climate, ensuring leadership support, and empowering Service members to safely intervene, we can create the environment to eliminate sexual assault.



**Sekou S. Karega**  
**Colonel, U.S. Marine Corps**  
**Commanding Officer**  
**Marine Corps Logistics Base Barstow, California**

# 50th Commemoration of Vietnam

Photos by: Rob Jackson  
Public Affairs Officer



*The 50th Commemoration of the Vietnam War held at the National Training Center at Ft. Irwin was again a big hit in the welcoming home of Vietnam Veterans. There was a parade with current service members, to include MCLB Barstow Marines, and their families lined up along the parade route to officially welcome these past heroes home. Ft. Irwin also hosted a luncheon with author Joe Galloway on hand as the guest speaker, and later rocked with actor/musician Gary Sinise and the Lt. Dan Band.*





# NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

## 5K | RUN WALK

**Fri, Apr 15, 2016**

BEER GARDENS

Arrival 1-1:30pm  
Warm-Up 1:45pm  
Run/Walk 2-2:30pm  
Recovery Tent 2-3:30pm

**Registration is FREE! Register today at**  
[nomorerun2016.eventbrite.com](http://nomorerun2016.eventbrite.com)

## SPECTATORS WELCOME!

For more information contact  
**Sexual Assault Prevention & Response**  
at 577-6533 or visit [MCCSBarstow.com](http://MCCSBarstow.com)



